

Thrive Wellness Program Scorecard

Track your progress toward your wellness goals and \$350 reward!

Category	Action Required	Goal Name	Points
Health Assessment	Complete online at www.horizonblue.com/air Registration key: AIR2021	<input type="checkbox"/> Take the online health assessment. Note: you must complete the assessment in order to earn points from additional activities below.	50
Preventative Care Screenings	Visit doctor Self-report online at www.horizonblue.com/air ; entries will be matched against claim submissions For annual physical, remember to bring the Quest Physicians Results form (see below)	<input type="checkbox"/> Get an annual physical exam <input type="checkbox"/> Get an annual OB-GYN exam <input type="checkbox"/> Get a cervical cancer screening <input type="checkbox"/> Get a mammogram <input type="checkbox"/> Get a colon cancer screening <input type="checkbox"/> Get a prostate screening <input type="checkbox"/> Get a flu shot <input type="checkbox"/> Get a dermatological skin screening	75 50 50 50 50 50 10 50
Biometric Health Screenings	Register on My.Questforhealth.com and print out the Quest Physician Results Form Bring the form to your annual physical exam, and have your physician fill in the results of your biometric screenings See Thrive Program FAQs below for more Information	<input type="checkbox"/> Achieve a healthy blood pressure of 140/90 or less <input type="checkbox"/> Achieve a BMI of 25 or less <input type="checkbox"/> Achieve a healthy total cholesterol level of 200 mg/dl or less <input type="checkbox"/> Achieve a healthy blood sugar level of 126 mg/dl or less (fasting); 200 mg/dl or less (non-fasting)	50 50 50 50
Online Digital Health Assistant	Complete online at www.horizonblue.com/air	<input type="checkbox"/> Meet your goal to conquer stress <input type="checkbox"/> Meet your goal to eat better <input type="checkbox"/> Meet your goal to enjoy exercise daily <input type="checkbox"/> Meet your goal to feel happier <input type="checkbox"/> Meet your goal to lose weight	5 5 5 5 5
Lifestyle Management	Telephonic health coaching. Note: A WebMD tobacco coach will contact you if you identified on the health assessment that you're a smoker interested in quitting	<input type="checkbox"/> Complete the telephonic WebMD Tobacco Cessation Program	75
Overall Wellness Activities	Self-report online at www.horizonblue.com/air Register for Horizon CareOnline at www.horizoncareonline.com Registration key: AIR	<input type="checkbox"/> Get 2 routine dental cleanings annually <input type="checkbox"/> Attend 10 Weight Watchers sessions <input type="checkbox"/> Attend 10 yoga or meditation sessions <input type="checkbox"/> Donate blood 1x during the year <input type="checkbox"/> Attest to being a nonsmoker <input type="checkbox"/> Participate in Verisk Volunteer Week (<i>employee only</i>) <input type="checkbox"/> Complete a Verisk global challenge (<i>10 pts per challenge - employee only</i>) <input type="checkbox"/> Register for Horizon CareOnline (<i>Telemedicine</i>)	5 5 5 5 5 5 10 5

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ThriVe Program FAQs

What is the ThriVe Program?

ThriVe is a Verisk-sponsored wellness program available to all employees enrolled in Blue Cross Blue Shield medical plans. ThriVe empowers you to take an active, ongoing role in achieving better health. The program gives you monetary rewards for participating in certain health and wellness activities.

How does the program work?

You and your spouse or domestic partner earn points for each wellness goal completed. If one of you earns 350 points, you'll receive a \$350 award. If you both earn 350 points individually, you'll receive \$700.

When is the program year?

The ThriVe program year is November 1, 2020, through October 31, 2021. Preventive care screenings that take place between November 1, 2020, through October 31, 2021, can be self-reported online at www.horizonblue.com/air and will be matched against claims submissions.

How do I get started?

Sign in to or register for Horizon Member Online Services at www.horizonblue.com/air. Select the *Wellness tile*. Select *Go To My Health Manager*. Please note: You must complete the health assessment first to earn points for additional activities.

Why must I complete the health assessment before I can earn points for other goals?

The health assessment is a great tool that you can use to gauge your overall health. It can also help you determine which activities make the most sense for improving or maintaining your health.

How do I know how many points I can earn for each goal?

The scorecard lists all activities and their point values. You can view your current point total on the online scorecard.

Can I complete the same goal more than once?

You may complete a particular goal (such as donating blood) multiple times, but you'll earn points for that goal just once per program year.

How do I get credit for achieving a health goal related to biometric health screenings?

To receive credit for achieving health goals related to biometric information:

1. Register on My.Questforhealth.com by entering your information and the AIR registration key: AIR2021.
2. Print out the Quest Physician Results Form.
3. Bring the form to your annual physical and have your doctor complete the form.
4. Submit the form: You or your doctor can fax it to 1-844-560-5221. Or you can upload it on the My.Questforhealth.com site.

* All questions related to the Quest Physician Results Form should be directed to 1-855-623-9355 (available Mon-Fri 7 a.m.-8:30 p.m. CST and Sat 7:30 a.m.-4 p.m. CST).

How long will it take to receive my points once I complete a goal?

Most activities earn points as soon as the task is completed and you self-report online. However, please allow up to 21 days after submission of the Physician Results Form to receive points for biometric screening results.

When will I receive my monetary reward?

Monetary rewards will be included in one of the December 2021 pay periods. **You must be an active employee on payroll at the time of the payout to receive the reward.** If you earn 350 points during the program year, you'll receive \$350. If your spouse or domestic partner earns 350 points during the program year, you'll receive an additional \$350. **Please note: Taxes will be withheld.**

Will my employer be able to see my health information or results?

Per HIPAA rules, your privacy is protected. **Your personal health information and results will not be shared with Verisk or any other third parties.**

Example of how a typical healthy person can earn 350 points	
Health assessment	50 points
Annual physical	75 points
Healthy BMI	50 points
Healthy blood pressure	50 points
Healthy total cholesterol level	50 points
Healthy blood sugar level	50 points
Flu shot	10 points
Nonsmoker attestation	5 points
Exercise goal met	5 points
8 yoga sessions attended	5 points
Total: 350 points	